



## List of Resources for Bereavement

### **Umbrella websites with lots of information:**

The Good Grief Trust [www.thegoodgrieftrust.org](http://www.thegoodgrieftrust.org)

What's Your Grief <https://whatsyourgrief.com/>

The Loss Foundation <https://thelossfoundation.org/>

### **If you like to watch videos:**

<https://grief-channel.com>

### **If you like to use an interactive app:**

<https://griefworkscourse.com>

### **If you like to listen to podcasts:**

[www.shapesofgrief.com](http://www.shapesofgrief.com)

Available via BBC sounds: *Griefcast; You, Me and The Big 'C'*

### **If you like to try grief-focused meditation:**

*Insight Timer*

This app has many guided meditations - put in search terms such as 'grief', 'bereavement', facing death'.

### **If you like to read books:**

*Option B*, by Sheryl Sandberg & Adam Grant

An account of being widowed when also parenting young children.

*With the End in Mind*, by Kathryn Mannix

Helpful to read when supporting someone approaching death.



## **Bereavement Support - Local**

### **Cruse Cambridge branch**

The local branches of Cruse are part of the national charity Cruse Bereavement Care, whose aim is to provide bereavement support to anyone who needs it. This is a direct alternative to what we can offer at Arthur Rank and may have a shorter waiting list.

Support usually includes a telephone helpline, one-to-one support and support groups **(only telephone/online video support is available at the present time due to Covid)**. Staffed by experienced bereavement support volunteers, the service is confidential and free. Cruse aims to arrange an initial session of one-to-one support within 7 - 10 days. If further sessions are required (usually up to 6 sessions are offered) there is a waiting list system. In the meantime, you can contact the telephone helpline whenever you need to.

CRUSE Cambridge branch covers the whole of Cambridgeshire, including Ely, Fenland, Newmarket, Haverhill and Uttlesford.

Helpline 01223 633536, Monday - Friday 9.30am - 1.30pm (answer machine service outside these times). A volunteer will call you back in 1-2 days.

[cambridge@cruse.org.uk](mailto:cambridge@cruse.org.uk)

Details of further local branches below:

Bedfordshire | 0300 200 4108 | [bedfordshire@cruse.org.uk](mailto:bedfordshire@cruse.org.uk)

Hertfordshire | 01707 278 389 | [hertfordshire@cruse.org.uk](mailto:hertfordshire@cruse.org.uk)

Huntingdonshire | 07902 662 492 | [huntingdonshire@cruse.org.uk](mailto:huntingdonshire@cruse.org.uk)

Peterborough | 01733 348439 | [peterborough@cruse.org.uk](mailto:peterborough@cruse.org.uk)

Suffolk | 01473 230888 | [suffolk@cruse.org.uk](mailto:suffolk@cruse.org.uk)

### **Maggie's Cambridge**

An excellent local (based on the Addenbrookes site) organisation for those living with cancer, their carers or bereaved family members. Maggie's can offer support the same day -



which is not a service we can offer at Arthur Rank Hospice. You can drop in Monday- Friday 0900-1700 for a cup of tea, meet people who understand what you're going through or just take a moment to gather your thoughts. Free one-to-one help and information from a professional team.

<https://www.maggies.org/our-centres/maggies-cambridge/>

### **Bereavement Support - National**

#### **Bereavement UK**

**Provides bereavement support and information, including podcasts, articles and free e-books.**

[www.bereavement.co.uk](http://www.bereavement.co.uk)

#### **Caring Together**

Planning for tomorrow – after bereavement.

Losing a loved one is a painful and upsetting time for you and your family. We are here to support you as you come to terms with the changes this brings and look at continuing your life after your caring role.

[www.caringtogether.org/support-for-carers/adult-carers/planning-for-tomorrow-after-bereavement](http://www.caringtogether.org/support-for-carers/adult-carers/planning-for-tomorrow-after-bereavement)

#### **Child Bereavement UK**

Confidential support, information and guidance to children, young people and families who have lost a child.

Helpline 0800 02 888 40 (freephone. Monday – Friday, 9am – 5pm)

Email for bereavement support: [support@childbereavementuk.org](mailto:support@childbereavementuk.org)

Live chat (Monday - Friday, 9am - 5pm)

[www.childbereavementuk.org/](http://www.childbereavementuk.org/)



### **Cruse Bereavement Care**

Provides support services for people who have been bereaved. Helpline offering listening support and practical advice related to bereavement, including dealing with an estate, debt and arranging a funeral. Puts people in touch with local Cruse branches that provide a range of services including individual and group support.

[www.cruse.org.uk](http://www.cruse.org.uk)

### **Macmillan Cancer Support**

Offers support for people affected by cancer including bereavement.

[www.macmillan.org.uk](http://www.macmillan.org.uk)

### **Sudden**

Sudden is a free, confidential, charity service when someone you love dies because of a sudden medical reason or terminal illness. At Sudden, your named bereavement case worker supports you and stays in touch and gives advice and gets the help you need.

[www.sudden.org](http://www.sudden.org)

### **Sue Ryder Online Bereavement Support**

Sue Ryder's Online Bereavement Support makes it easy to connect with the right support from your own home. Whether you're looking for one-to-one professional support, to talk to others in similar situations, or to read expert information resources, you can access support for free on your computer, tablet or smartphone.

[www.sueryder.org/online-bereavement-support](http://www.sueryder.org/online-bereavement-support)



## **Way Up**

Way Up is an active self-help group aimed at providing mutual support to those widowed in their 50s and 60s. It is a group with a positive forward-looking attitude to rebuild our lives and discovering that lives can be good again, that we can be happy once more.

[www.way-up.co.uk](http://www.way-up.co.uk)

## **Widowed and Young**

National charity for men and women aged 50 or under when their partner died. Peer-to-peer support group run by a network of volunteers who have been bereaved at a young age themselves, so they understand exactly what other members are going through. More than 1,500 members across England, Wales, Scotland and Northern Ireland.

[www.widowedandyoung.org.uk](http://www.widowedandyoung.org.uk)

## **Cancer Support**

### **Maggie's Cambridge**

An excellent local (based on the Addenbrookes site) organisation for those living with cancer, their carers or bereaved family members. Maggie's can offer support the same day - which is not a service we can offer at Arthur Rank Hospice.

Open Monday- Friday 0900-1700 for free one-to-one help and information from a professional team.

<https://www.maggies.org/our-centres/maggies-cambridge/>

Other organisations offering Cancer-related support below:

<https://www.macmillan.org.uk/cancer-information-and-support/get-help/emotional-help>

<https://www.cambridgecancerhelp.org/>